



Ooey-Goey Chili Cheese Nachos



1/6th of recipe (about 17 loaded chips): 234 calories, 5g total fat (1g sat. fat), 897mg sodium, 34g carbs, 4.5g fiber, 4g sugars, 11g protein

Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

- 1/2 cup light plain soymilk
- 4 slices fat-free cheddar or American cheese
- 4 wedges The Laughing Cow Light Creamy Swiss cheese
- One 7-oz. bag baked tortilla chips
- 1 cup low-fat turkey or veggie chili
- 3/4 cup salsa
- 2 tbsp. fat-free sour cream

Directions

Pour soymilk into a small nonstick pot. Add cheese slices and wedges, breaking them into pieces. Bring to medium-low heat. Cook and stir until sauce is hot and uniform, 5 to 8 minutes.

Microwave chips in a large microwave-safe bowl for 1 minute, or until warm. Spread them out on a large platter.

In a medium microwave-safe bowl, microwave chili for 1 minute, or until hot.

Pour cheese sauce over the chips. Top with chili, salsa, and sour cream. Time for nachos!

MAKES 6 SERVINGS

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